

# 75 Hard Rules

## **Rule 1: Follow Healthy Diet**

*Healthy and well-balanced diet, which forbids alcohol, junk food, and other unhealthy stuff.*

## **Rule 2: Exercise Twice for 45 Mins**

*Exercise twice in a day for over 45 minutes and one of the workouts has to be outside compulsory.*

## **Rule 3: Drink 4 Liters Water**

*Keep yourself hydrated by drinking 1 gallon or 4 liters of water daily.*

## **Rule 4: Read 10 Pages of Book**

*Read at least 10 pages of non-fiction book daily. Audiobooks do not count.*

## **Rule 5: Take Picture**

*Take picture daily to document any physical change and highlight your journey's visual result.*

**Note:** Have you to follow these rules for 75 days. If you are not able to follow the given five rules, you need to start over from the first day.